

Medical Care
Research and Review

The Dymarcik Paradox in OCD Theme Changes

Journal:	<i>Medical Care Research and Review</i>
Manuscript ID:	Draft
Manuscript Type:	Supplemental Issue
Keywords:	OCD, Treatment, Dymarcik

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Peer Review

The Dymarcik Paradox in OCD

Obsessive Compulsive Disorder is an anxiety condition of intrusive thoughts that produce nervousness, dread, fear, or burden, by repetitive actions targeted at reducing the accompanying anxiety, or by a mix of such obsessions and compulsions. Symptoms of the disorder may include some of the following, excessive cleansing; repetitive examination; extreme hoarding; preoccupation with sexual, harm or religious blasphemous thoughts. These "Themes" are endless in nature.

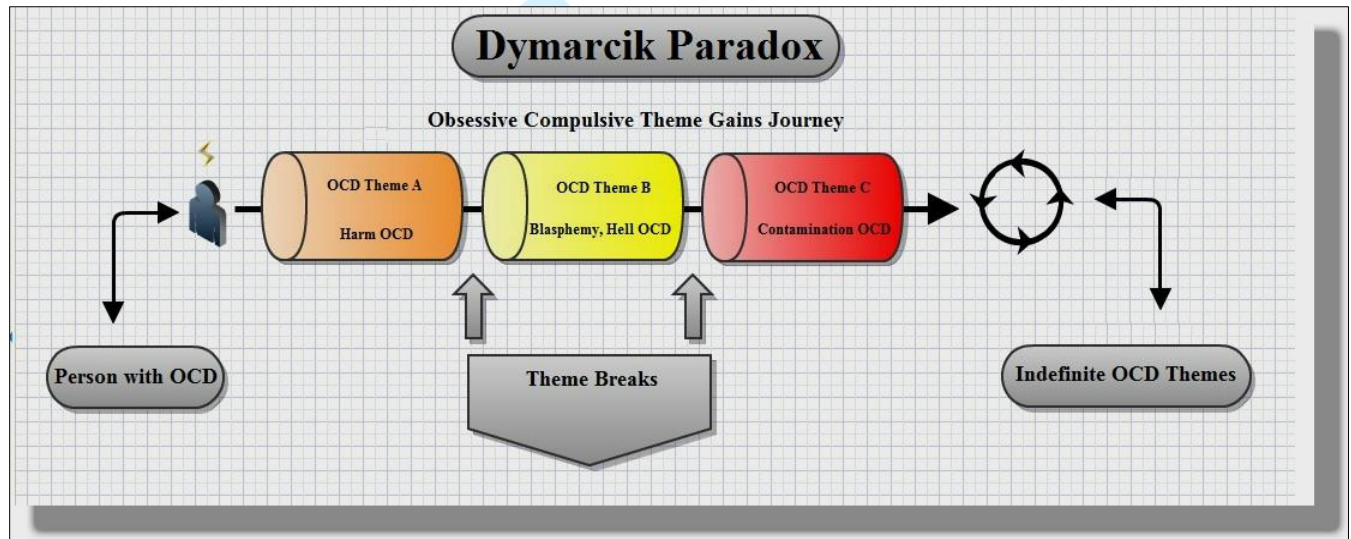
A person affected, with theme driven, Obsessive Compulsive Disorder, whom completely overcomes an OCD theme. The effected can mistakenly identify the "OCD Theme" as being the embodiment of OCD, and not merely a theme.

Overcoming the theme, can leave the person with the misconception they are cured of the OCD. When in fact they have accepted the uncertainty, or have become tolerant of the associated fear, they are in a remission state.

O.C.D. is a chronic condition. Unless the person with OCD learns to accept uncertainty as a coping skill in general, they may encounter "Dymarcik Paradox" and continue to move on to a new fear and, OCD theme. This can go on indefinitely.

*See the diagram below

figure 1



References and researcher, Stephen A. Dymarcik II PwD

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